

Austin Parks and Recreation Department

Asian American Resource Center Senior Program Update

December 17, 2019



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Asian American Resource Center

AARC Senior Program

RICE – Recreational and Intergenerational Community Education

Monday – Thursday, 9am-2pm

Senior program designed to address the intergenerational wellness and education needs of Austin residents, with particular focus on the underserved Asian American community.

- Free tea and coffee
- Senior Social Lunch
- Recreation & Wellness Activities
- Continuing Education
- Intergenerational Garden
- Transportation Service



Issues

- Program implemented as it was being developed and continues to change
- The AARC is the only senior program in PARD that manages its own senior meals, transportation and educational classes.
- Meals and transportation administration takes up over 70% of the Recreation Program Specialists work time.
- Vendors
- High costs/meals – not equitable to other senior sites
- Perception that AARC is a Chinese senior center.
- Language challenges – interpreters are now used which has helped.

Community Engagement Results

- Feedback during master plan process
 - Seniors want more educational programs and activities
- Vietnamese Senior Association
 - Physical activity, bringing own food, having place for their altar
- Korean Cultural Center/Korean Senior Group
 - Cultural traditions of seniors being served, rumors about ways food was being handled, ESL in Korean
- Perception AARC is a Chinese Center persists
- RICE name is problematic

Program Changes & Increasing Resources

- AARC Shuttle Driver position and van will move under PARD senior programs to manage transportation
- PARD senior programs expanding its outreach, including Pickfair site
- Meals on Wheels handle meals program, so AARC can focus on program development



PARD Senior Transportation

- **Regular Routes / Lunch Program:** Provides reliable service from your door to nearest congregate meal lunch locations and back home again. (Pick up within 6-mile radius of location)
 - FEE: Free or \$1.00 donation optional
- **Reserve-a-Ride:** Door-to-door service to/from requested destination within the Austin city limits.
 - FEE: \$3.00 each destination (\$6.00 round trip)
- **Errands** (non-medical): grocery store, shopping centers, bank, hair salon, etc.
- **Medical Appointments** (non-emergency/routine appointment): general/specialty doctor, dentist, etc.; Surgical procedures are classified as an emergency.
- **Group Travel:** Group excursion/field trip travel to destinations within the Austin city limits

PARD Senior Transportation Timeline

November 2019	Work with PARD Senior Transportation to cover current routes, use AARC staff when needed
December 2019	Have info sessions for seniors to explain transportation registration with PARD Senior Transportation and fill out CAPCOG application
January/February 2020	PARD Senior Transportation fully takes over AARC transportation needs including registration, developing routes, scheduling drivers for senior pick-up/drop-off, and maintaining vehicles.


Meals on Wheels Benefits

- Can register multiple days per week instead of just once/week.*
- Not restricted by city jurisdictions.
- Application process is easy.
- Their cancellation and registration is lenient. (Registration and cancellation can be done the day before.)
- Their check-in and waitlist process is simpler.
- Asian inspired meals that are reviewed by a professional nutritionist.

*Transportation not guaranteed



Meals on Wheels Sample Menu

February 2020		MEALS ON WHEELS CENTRAL TEXAS		General Health Menu	
MONDAY		TUESDAY		WEDNESDAY	
THURSDAY		FRIDAY			
3	FROZEN A-Peking Pork Brown Rice Ginger Carrots	4	FROZEN A-Coconut Chicken Fried Brown Rice Spring Vegetables	5	FROZEN A-Thai Beef Herbed Jasmine Rice Japanese Vegetables
6	FROZEN B-Chicken with Black Bean Sauce Brown Rice Ginger Carrots	7	Closed		
10	FROZEN B-Lemony Chickpea Stir Fry Herbed Jasmine Rice Japanese Vegetables	11	FROZEN A-Coconut Chicken Fried Brown Rice Spring Vegetables	12	HOT A-Five Spice Chicken Herbed Basmati Rice Chinese Cabbage
13	FROZEN B-Soy Ginger Beef Fried Brown Rice Spring Vegetables	14	Closed		
17	Closed – No Delivery	18	FROZEN B-Thai Chili Pork Patty Herbed Basmati Rice Chinese Cabbage	19	HOT A-Lemongrass Chicken Herbed Basmati Rice Broccoli
20	FROZEN A-Thai Beef Herbed Jasmine Rice Japanese Vegetables	21	Closed		
24	FROZEN B-Mu Shu Pork Herbed Basmati Rice Broccoli	25	FROZEN A-Five Spice Chicken Herbed Basmati Rice Chinese Cabbage	26	FROZEN B-Lemony Chickpea Stir Fry Herbed Jasmine Rice Japanese Vegetables
27	FROZEN A-Lemongrass Chicken Herbed Basmati Rice Broccoli	28	Closed		
				<p>**Milk and other components are served every meal (for example: fruit, bread, pudding, jello, or something else)</p> <p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p>	
				<p>V - Vegetarian Entrée</p> <p> ≥ 1000mg Sodium</p>	

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Sarah Hutsler, RD, LD #DT81463 7/18/09



Expand AARC Senior Programming

- Host quarterly resource fairs
- Develop intergenerational programs around technology, food, and language.
- Asian food demonstrations and recipe sharing
- Field trips
- Film screenings and other educational opportunities to understand U.S. history and Asian American identities
- Engaging seniors in other programs at the AARC like community exhibit program.

Questions